THE FUTILE PURSUIT OF HAPPINESS

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Winnipeg metro

GETTING SOME AMOOSEMENT

WESTWOOD GOES TO THE ZOO

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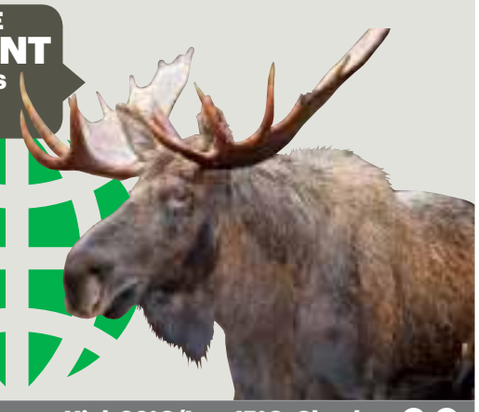

Your essential daily news | TUESDAY, JUNE 30, 2015

High 26°C/Low 15°C Cloudy

LET'S CELEBRATE

Dea Krasniqi, 5, was one of 100 new Canadians sworn in as citizens at a ceremony held Monday afternoon at Investors Group Field. Find out what's going on in Winnipeg for Canada Day in metroNEWS. SHANE GIBSON/METRO

Haze to stay another day

WEATHER

Prairie fires are fueling grey skies

Manitoba is expected to continue to breathe the effects of a heat wave that has sparked hundreds of fires across the prairies.

Environment Canada issued a special air quality statement Monday to warn residents of the shifting smoke.

"A large area of smoke from forest fires in Northern Saskatchewan and the Northwest Territories has settled into the province," reads the statement. "The smoke is mainly aloft and is creating hazy conditions across the entire province."

The statement says shifting winds will start moving the smoke back westward, but the haze is expected to continue through Tuesday.

Steve Roberts with Saskatchewan's environment ministry says high temperatures and low humidity are continuing through the nights and into the early mornings, which means fires in the province's north continue to spread late into the evenings.

Smoke from those fires are drifting into Manitoba.

Fires close to La Ronge and La Roche in Saskatchewan's north have forced many people in those areas to leave their homes due to thick smoke.

More than 200 people were also evacuated from Manitoba's Red Sucker Lake First Nation after a fire crept close to the community late Friday.

Shawn Feely, director of the Canadian Red Cross in Manitoba, said six flights carried elderly community members, young children and others with health conditions to a hotel in Winnipeg.

Fred Harper, who lives in the community, said the fire started on Friday afternoon about a kilometre away. At one point, he said people were afraid it might burn through the hydro line that supplies the First Nation, but he said the fire has since been contained.

> **"It's very dry. It hasn't rained for quite some time."**
> Fred Harper, who is part of Manitoba's Red Sucker Lake First Nation community

"It's very dry. It hasn't rained for quite some time," Harper said from the band office. "Usually, it's wet and then July is a dry month."

In Alberta, almost two dozen new wildfires were reported in a 24-hour period between Saturday and Sunday.

Temperatures reached into the 30s across much of the prairies on the weekend and continued through Monday. Further west, the temperature was in the high 30s in parts of B.C.

THE CANADIAN PRESS
— WITH FILES FROM METRO

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metro NEWS

Your essential daily news

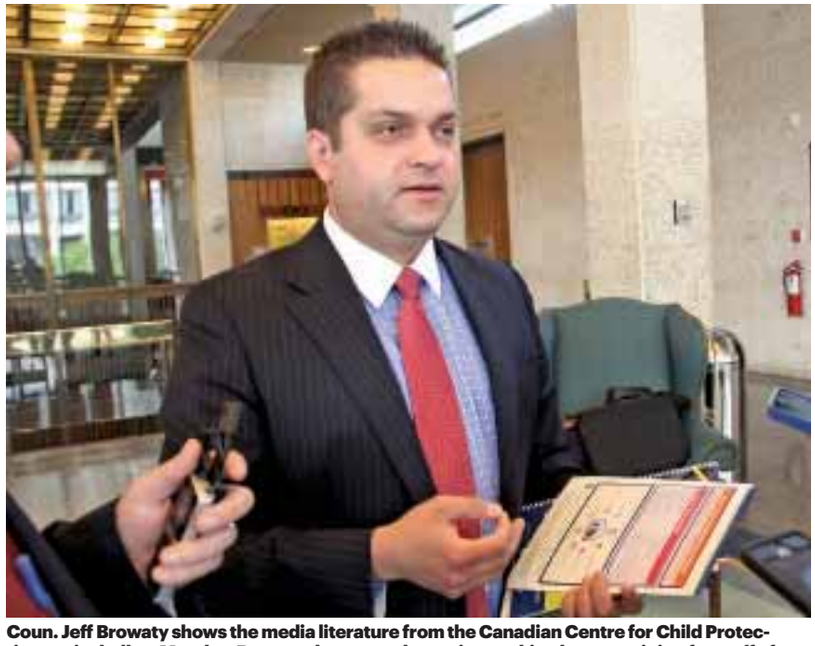
Metro will not be publishing on Canada Day

Better protection sought for children

CITY HALL

Councillor asks for staff training after covert videotaping

Dave Baxter
Metro | Winnipeg



Coun. Jeff Browaty shows the media literature from the Canadian Centre for Child Protection at city hall on Monday. Browaty has moved a motion seeking better training for staff after children were illegally videotaped in change rooms. DAVE BAXTER/METRO

Two incidents at city pools have spurred a local councillor and a national child-protection group to lobby for better training for city staff.

Kids were illegally videotaped twice in change rooms at city pools in recent years, with one incident happening at Seven Oaks Pool and another alleged incident happening over a six-month period at Pan Am Pool, said Coun. Jeff Browaty

Browaty said as a result, the Canadian Centre for Child Protection recently approached him to help the city train staff on how to identify those who are videotaping children or showing signs they may be at risk of committing molestation.

A motion was moved by Browaty on Monday asking administration to see if the organization could help city staff receive training.

"(They offered) their regimented processes that they have so things can be identified early on, reported on and perhaps eliminated before things even escalate," said Browaty.

Browaty said he would like staff to be able to identify "behaviour that may not be offensive in the beginning but may be already on the line, and can be identified potentially as a warning sign."

The Canadian Centre for Child Protection currently has guidelines in place for things like organized sports teams, but Browaty said they could customize those guidelines to be used by the city in its recreation facilities.

The organization would provide training and literature for city staff, and also train staff on how to monitor places like change rooms for hidden cameras or other recording devices, said Browaty.

Administration will report back to the city with their findings in September.

CRIME

Drugs found in flower beds: Parent

A Winnipeg parent says police were at Rockwood Elementary on Saturday digging for dirt.

A posting on Facebook in the public Crescentwood Neighbours Winnipeg group says police dug up the flower beds Saturday at the elementary school and found more than insects and worms.

"Police were at Rockwood school yesterday afternoon digging in the flower boxes," reads the posting. "They ended up pulling out a few bags of drugs, one was pretty big so it must have been pot. Looks like it was a little hidden stash right in our kids' plants."

Winnipeg police spokesman Jason Michalyshen confirmed the police were on scene on Saturday but wouldn't give more details on what they found or what they were looking for, only saying it was part of an investigation.

An administrator at the school confirmed the plants were dug up and added the school would be replacing the plants that were damaged.

Subsequent comments on the post say the flowers and veggies at the school were planted by students. METRO

MUSEUM

John Young to take over reins at CMHR

Dr. John Young CMHR/HANDOUT

The Government of Canada has appointed a new CEO for the Canadian Museum for Human Rights.

Heritage Minister Shelley Glover announced Monday Dr. John Fitzgerald Young is the new director and CEO for the museum and Crown corporation. Glover also announced J. Pauline Rafferty as the new vice-chairwoman of the board of trustees.

"I am very pleased to be able to rely on the continuous support of Dr. Young and Ms. Rafferty in leading the first national museum ever built outside of the National Capital Region," said Glover in a news release. "Their contributions to the museum's governance over the last few years have given this remarkable institution a solid foundation. The Canadian Museum for Human Rights will benefit from their extensive experience and dedication."

Young has served on the board of trustees since 2012 and he was vice-chairman since 2013. He also sat on the board of directors for the CBC from 2009 to 2012.

Rafferty has been on the board of trustees for the CMHR since 2012. METRO

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TRANSIT TUESDAY
Weekly Transit News Update

CANADA DAY SERVICE
Winnipeg Transit will be operating on a Sunday schedule on Canada Day. For route and schedule information, visit winnipegtransit.com or contact 311.

Enjoy our FREE Canada Day Shuttle linking downtown, the Forks and Osborne Village. The free service will operate from noon until midnight.

Post-Fireworks service departing from:

- The Forks – buses will be available on Main Street between York and Graham avenues.
- Assiniboine Park to downtown – buses will be available at eastbound along Portage Avenue at Overdale Street.
- Assiniboine Park to St. James/Assiniboia district – buses will be available on Portage Avenue westbound at Overdale Street.

HEADING TO THE BOMBER GAME?
Winnipeg Transit has several regular routes operating to and from Investors Group Field before and after every Bomber home game. Regular fares apply when heading to the field. Following the game, all regular service and extra regular service buses on routes 75, 78 (via Cambridge Street and Kenaston Boulevard) and 160 will be lined up on Chancellor Matheson Road, heading west towards Pembina. The post-game service is free, courtesy of the Winnipeg Football Club. Visit winnipegtransit.com for complete transit route and schedule information.

Don't forget, there are eight Park & Rides locations throughout the city, offering convenient, non-stop service to and from Investors Group Field. NOTE: Route 3, St. Vital Park & Ride is now located at Centre Scolair Leo-Remillard, 1095 St. Anne's Rd. Visit bluebombers.com for more Park & Ride information.

MILLENNIUM LIBRARY SERVICE CENTRE
Winnipeg Transit's Millennium Library Customer Service Centre, located at 251 Donald St. (corner of Graham Avenue and Donald Street) is open Monday to Friday, from 8:30 a.m. to 4:30 p.m.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?
Call 311 or visit our Lost Property Office at Winnipeg Transit's Downtown Service Centre located in Winnipeg Square, 360 Main St.

The province has completed work on the beach and lake area at Birds Hill Park that has seen the beach space double.
SHANE GIBSON/METRO

Work complete on beach expansion

BIRDS HILL PARK

Project part of $100 million investment in province parks

Shane Gibson
Metro | Winnipeg

There is now twice as much beach to hit at Birds Hill Park.

Work is done on a $5 million expansion and upgrade to the beach and lake area at the park that has seen the beach double in size and the lake increase by 20 per cent.

Premier Greg Selinger said water quality has also been improved with better drainage and the removal of vegetation.

"Birds Hill is one of the most heavily used by the public so we've wanted to improve the beach, we wanted to improve the lake," he said. "It's a great opportunity for families to come out and enjoy this park."

New trees, volleyball courts, a playground, pathways and new furniture were also installed during the work, which has been ongoing over the last couple of years.

As well as upgrading the grounds Selinger said beach safety was also a priority, with four more beach-safety officers added during the peak summer months, meaning as many as 20 officers will be on patrol during July and August.

> **Birds Hill is one of the most heavily used by the public so we've wanted to improve the beach.**
> Premier Greg Selinger

The work is part of a commitment made by the provinces made in 2012 to invest $100 million into park infrastructure by 2020.

Selinger said the next phase of work at Birds Hill will see $4.8 million put into improvements to the provincial park's permanent campground, the West Gate, and water and waste-water systems.

Similar improvements have already been made at the park's temporary campground — where festival-goers stay during the Winnipeg Folk Festival — including improvements to electrical and lighting, water, and the addition of shade structures for campers.

MUSIC

Bry Webb turns down the wattage

For more than a decade, Bry Webb fronted the Constantines and played loud, big-sounding music on tours across their native Canada and around the world.

But even indie-rock heroes like the Cons eventually get older, turn down their amps and decide to start families, which is what happened in 2010.

"Priorities were shifting and we decided to take a break," said Webb, who lives in Guelph with his wife and their four-year-old son.

Webb has just released Live at Massey Hall, his third roots/country album with six-piece band the Providers.

"I think the reason the Cons found an audience was that we were trying to write sensitive music, but playing it extremely loud," said Webb. "And it's the same thing with the Providers, only not played as loud."

Tuesday night, Winnipeg will see a Providers trio of Webb on guitar and vocals, Nathan Lawr on drums and Richard Burnett on guitar and lap steel perform at The Good Will.

"We're a trio of dads," said Webb. "It's minimal but we do some kind of weirder dad-rock versions of some of my songs. The band has elements of classic garage rock, like reverby old guitars through amps, electric guitars and a lot of tremolo or vibrato. The other side of it are these kind of acoustic songs, but it's not super-polished.

"It's some kind of garage or punk rock version of folk music, I guess," he said.

Tickets are $12 at Music Trader, The Good Will and Ticketfly.com.

NIGEL MOORE/FOR METRO

Bry Webb's summer tour will stop Tuesday in Winnipeg, for a show at The Good Will.
BARNA NEMETHI/HANDOUT

A Winnipegger's guide to celebrating Canada Day

CONFEDERATION

Music, games, fireworks and art mark Canada's 148th

Dave Baxter
Metro | Winnipeg

Canada will celebrate its 148th birthday on Wednesday. Here's what's happening across Winnipeg on Canada Day to mark the occasion.

The Forks
Canada Day at The Forks will feature live music from 19 different performers on three different stages from noon until 5 p.m.

The party at The Forks also has a kid's obstacle course, craft table and other activities ending with the big fireworks show around 10:45 p.m.

Osborne Village
Osborne Village will hold its annual Canada Day street party from 11 a.m. until 11 p.m. with street patios, live entertainment, and a merchants market.

For kids there will be pony rides, a petting zoo, and inflatable bouncers.

St. Norbert Farmers' Market
The St. Norbert Farmers' Market will host the third annual Canada Day Celebration featuring music, dancers, clowns, musicians and fireworks.

The party starts at noon and wraps up with the fireworks show at dusk.

Assiniboine Park
The Canad Inns Picnic in the Park at Assiniboine Park will feature performances on the Lyric Stage from 1 p.m. until 10:30 p.m. Manitoba's largest selfie takes place in front of the Lyric Stage at 4 p.m., while the fireworks begin at 10:40 p.m.

Living Flag
The 2015 Canada Day Living Flag event happens at Shaw Park and invites the public to come wear red and white, and stand together to create a living Canadian flag. Shirt distribution is from 9 a.m. until 10:45 a.m. with the living flag photos at 11 a.m.

Transcona Centennial Square
The party in Transcona happens at the Transcona Centennial Square starting with opening ceremonies at 3:30 p.m.

There will be face painting, clowns, a BBQ and entertainment by the Danny Cramer Band from 5 p.m. until 7 p.m.

Old St. Boniface
Visual artistes and buskers will entertain on the East Plaza of the Esplanade Riel throughout the day, and St. Boniface Museum will have musicians, kid's games and other activities from 11 a.m. to 4 p.m.

Manitoba Museum
The Manitoba museum is offering free admission to kids ages 3-11 who show up wearing red and white on Canada Day.

If you can't find something awesome to do on Canada Day, we have a comprehensive list for you. SHANE GIBSON/METRO

BUSINESSES

What's open, closed in the city

Elisha Dacey
Metro | Winnipeg

There isn't very much that's open on Canada Day, but don't worry — you'll still be able to cool off from the scorching heat in numerous ways, including a cold, cool bevvy of fun festivities going on across the city. Here is a list of everything that will be open and closed throughout Winnipeg:

OPEN

- Winnipeg Transit will operate on a Sunday schedule, with extra buses on Portage Avenue to downtown and linking the Forks, downtown and Osborne Village
- Brady Landfill
- Most wading pools
- All spray pads
- Animal services
- City-owned golf courses
- Garbage and recycling will be collected today
- Most liquor stores
- The Forks Market
- Convenience stores

CLOSED

- Government offices
- Indoor swimming pools
- All libraries
- All major shopping malls
- All major stores are not allowed to open on Canada Day in Manitoba (e.g. Walmart, Safeway, Sobeys, Superstore)

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The 'sorry' state of Canadian manners

We're really sorry, but could we beg your pardon? We know you're probably busy, but, honestly, this will only take a couple minutes. We were just hoping — and please forgive us for this — to discuss our nation's collective impulse to apologize.

Thandi Fletcher
Metro | Vancouver

There's a joke that asks: "How do you get 200 Canadians out of a swimming pool?" The answer: "Please get out of the swimming pool."

Canadians are famously polite — so much so that their reflexive use of the word "sorry," even when their behaviour doesn't warrant it, has become as closely identified with this nation as hockey, maple syrup and poutine. Someone bumps into a Canadian on a sidewalk, and no doubt, the Canuck is apologizing for getting in the way.

Canadian actor and comedian Colin Mochrie poked fun at the stereotype in a satirical segment on the show This Hour Has 22 Minutes, apologizing to all Americans by saying: "On behalf of all Canadians, I'm sorry that we're constantly apologizing for things in a passive-aggressive way, which is really a thinly veiled criticism."

With little data to support the stereotype, however, is there any truth to the perception of Canadians as a nation of apologetic people — and if so, why are we all such a sorry bunch?

As a Canadian living in California, Stanford University psychologist Karina Schumann said she is often confronted with Americans' perception of the profoundly "polite Canadian."

"Everyone I meet is like, 'Oh, I love Canadians! You guys are so polite. You say sorry all the time,'" she told Metro.

"They seem to notice it, while Canadians might comment on Americans being unapologetic, perhaps."

While she's unaware of any research to back up the stereotype, Schumann is an expert on apologies. As a doctoral student at the University of Waterloo four years ago, she researched gender differences in apology behaviour.

Through a study that polled subjects on hypothetical offence scenarios, she discovered that, although men and women reported the same proportion of offences, women felt more transgressions were deserving of an apology and would be more likely to say sorry.

In essence, women apologize more than men.

If the Canadian stereotype is true, Schumann said, the behaviour might be based on many of the same reasons that women say sorry more frequently than men.

"It could be that we're focused on being polite, kind of brought up in that type of environment, and it goes along with other polite behaviours," she said. "We're all taught to say sorry from a young age. Our parents teach us when we're babies to say sorry to other kids and to our siblings. It's kind of ingrained in us."

In her gender research, one of the study samples included Americans. Although she didn't compare the sample with her Canadian data, Schumann said the same patterns emerged from both, suggesting that, if there is a difference in apology behaviour between the two nations, "it's probably smaller than everybody believes it to be," she said.

McGill linguistics professor Charles Boberg theorized that Canadians' tendency to apologize too much could perhaps be traced to their British roots and a required "sense of accepting one's place in the social system and being a 'decent chap' above all things."

"The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person, similar to how many people think of the British or the Danes," he said in an email. "Whereas the Canadian stereotype of Americans is that they are, by contrast, brash, aggressive and self-important."

Still, Boberg warned against reinforcing national stereotypes that have no research to support them. He said some stereotypes, like Muslims being more prone to terrorism, could be harmful for the way they distort perceptions of entire groups.

Boberg pointed out that it seems many national stereotypes, like Americans being "boorish," Japanese "inscrutable" or Germans "domineering," are often levelled at the world's "most successful" civilizations.

"Is this just a manifestation of the jealousy of second-best cultures toward those who dominate them? Hard to know," he said. "All in all, I think it's hazardous to dabble in national stereotypes, even if the 'victims' of stereotyping are the world's most powerful and successful nations."

But Schumann counters that Canada's reputation for being overly polite isn't necessarily a bad thing.

"People make fun of us I guess for being overly polite," she said. "I think most of the time we make fun of ourselves, but it's better than being made fun of for being rude."

If she had to pick one, Schumann said she'd rather stick to the sorry side.

"I'm proud to be Canadian," she said. "Apologizing is ultimately a positive behaviour that leads to harmonious interactions and all kinds of positive outcomes."

Now, if only we could stop apologizing for being so polite, eh?

ISTOCK

> **The tendency to apologize probably fits well with the Canadian self concept because it suggests a polite, decent, self-effacing sort of person.**
> Charles Boberg, linguistics professor, McGill University

Great moments in Canuck remorse

1 1986: MP admits "accidental" eavesdropping

In 1986, Tory MP Erik Nielsen, then deputy prime minister, apologized in Parliament for eavesdropping on Liberal party meetings in 1966. He explained during an interview in 1973 that "there was a method by which we knew every Wednesday what was said in the Liberal caucus, word for bloody word." Apparently, crossed wires in an intercom system had allowed him to listen in.

2 2002: Chrétien government regrets aide's diss against George W. Bush

"What a moron." Those were the words from Jean Chrétien's communications director, Francoise Ducros, that prompted the prime minister to publicly compliment the intelligence of his U.S. counterpart. "He is a friend of mine. He's not a moron at all," Chrétien said. A few months later, Carolyn Parrish, a staunch anti-Iraq war Liberal MP, was forced to say sorry after being overheard calling Americans "bastards" following a press scrum.

3 2012: Maple Leafs say sorry for another dismal season

Another year, another missed playoff run. In April 2012, at the conclusion of a season that saw the dismissal of coach Ron Wilson following a spirit-crushing losing streak, MLSE chairman Larry Tanenbaum published an open letter to fans, apologizing for falling "short of everyone's expectations." It worked (sort of): the Leafs made the post-season the next year but were eliminated by the Boston Bruins in the first round.

4 2013: Rob Ford cops to smoking crack cocaine, expects apology to suffice

"Yes, I have smoked crack cocaine," Ford told reporters in November 2013, six months after denying using drugs. "Am I an addict? No. Have I tried it? Probably in one of my drunken stupors, probably approximately about a year ago. I answered your question. You ask the question properly, I'll answer it. Yes, I've made mistakes. All I can do now is apologize and move on."

Luka Magnotta joins dating website

QUEBEC

Convicted killer seeking 'single white male'

Luka Rocco Magnotta, the convicted killer whose grisly crimes made headlines around the world, is looking for a "prince charming" on a matchmaking website for prisoners.

Magnotta's profile was posted Sunday on Canadian Inmates Connect Inc., a website that tries to hook up lonesome convicts — some behind bars for violent offences like first-degree murder — with potential companions on the outside.

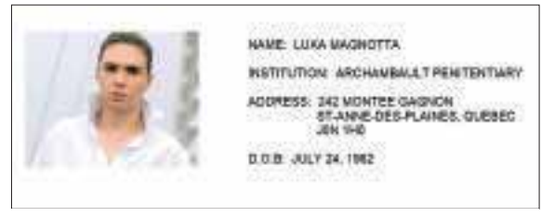
"Seeking single white male, 28-38 years of age, white and in shape," reads a blurb the website's founder says was written by Magnotta himself.

"One who is loyal, preferably educated, financially and emotionally stable for a long term committed relationship. If you think you could be my prince charming, send me a detailed letter with at least 2 photos."

The profile features two photos of Magnotta, who was convicted in December of first-degree murder for the 2012 Montreal killing and dismemberment of university student Jun Lin.

Magnotta, who's serving a life sentence, lists his expected release date as 2037.

Melissa Fazzina, who created the site about 4-1/2 years ago, said Magnotta sent the information to her through a contact. The application and $35 fee arrived via regular mail — convicts don't have Internet access — about 10 days ago. THE CANADIAN PRESS



Luka Rocco Magnotta has joined Canadian Inmates Connect Inc., a website that tries to hook up convicts with people on the outside. CANADIAN INMATES CONNECT INC./THE CANADIAN PRESS

BRITISH COLUMBIA

Missing for a week, man surprised by 'all the fuss'

Bob Moynan, father of an Ontario man who emerged from a southern British Columbia forest after being lost for seven days, says his son isn't sure why he's getting so much attention.

North Bay couple Rick Moynan and Lynne Carmody, who are both in their 60s, walked out of the forest virtually unscathed as crews were thinking about ending an extensive search on Sunday.

Bob Moynan said he spoke with his son on the phone hours after he was told that the search might be suspended.

"He says, 'We didn't know what all the fuss was about,'" said Moynan from his home near North Bay.

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'"

Moynan and Carmody were on a day hike near a lodge where they were staying in Cathedral Provincial Park when they got lost last Monday.

They managed to survive by staying close to water and building themselves a shelter.

The couple was exhausted and bruised when they left their shelter and stumbled upon rescuers after spotting a helicopter. They were taken to hospital for a precautionary assessment.

Bob Moynan said his son has a fair amount of outdoors experience, and Carmody's now-deceased longtime husband worked in search and rescue. He said the ordeal was "terrible" for his family, but he never gave up hope.

"It's almost a miracle that they could survive seven days and be able to be healthy enough to have been able to walk out. So we're just terribly, terribly grateful that it's over, and we've all learned something." THE CANADIAN PRESS

"I said, 'Well Rick, think about it. You were due back for dinner on Monday night at five o'clock, and you're seven days late.'
Bob Moynan, father of Rick Moynan

IN BRIEF

TSB recommends child restraint system for aircraft

The Transportation Safety Board wants specially designed seat belts to be mandatory for babies and children on commercial flights to prevent them from "becoming projectiles" or dying in otherwise "survivable" accidents.

The recommendation to Transport Canada stems from an investigation into a 2012 plane crash in Sanikiluaq, Nunavut, which claimed the life of six-month-old Isaac Appaqaq, who was not restrained by any device or seatbelt. Eight other people on board the Perimeter Aviation charter, including the pilot and co-pilot, survived.

Kathy Fox, chairwoman of the transportation board, said a parent's arms aren't enough to protect a child during severe turbulence or a crash.

It doesn't make sense that babies and children are required to be harnessed into vehicles in specially designed seats while nothing is required when they board a plane, Fox said.

Transport Canada has 90 days to respond to the recommendation. THE CANADIAN PRESS

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Greeks swarm closed banks

ECONOMY

Today is the deadline for the country to repay $1.8B US

Anxious pensioners swarmed closed bank branches Monday, and long lines snaked outside ATMs as Greeks endured the first day of serious controls on their daily economic lives ahead of a July 5 referendum that could determine whether the country has to ditch the euro currency and return to the drachma.

As strict capital controls took root following Prime Minister Alexis Tsipras' surprise weekend decision to call a referendum on international creditors' latest economic proposals, Greece's population tried to fathom the sheer scale of the impact on their day-to-day existence.

Following a breakdown in talks between Greece and its creditors, the country is in the midst of the one of the most acute financial crises seen anywhere in the world in years. It's running out of time to get the money it needs to stave off bankruptcy.

A supporter of the No vote in Greece's upcoming referendum on the international creditors' latest economic proposals holds an old 1,000 drachma bank note during a rally Monday in the northern Greek port city of Thessaloniki. GIANNIS PAPANIKOS/THE ASSOCIATED PRESS

That has stoked fears of a crippling bank run, a messy Greek debt default and an exit from the euro. As a result, the country's government imposed strict capital controls, none more onerous than a daily allowance of 60 euros ($67 US) from the ATM.

The sense of unease was palpable among the crowds of pensioners who lined up outside bank branches, hoping they might open. Many elderly Greeks don't have ATM cards and make cash withdrawals in person — and so found themselves completely cut off from their money.

> **I don't have a card. I don't know what's going on. We don't even have enough money to buy bread.**
> Retiree Anastasios Gevelidis

"I came here at 4 a.m. because I have to get my pension," said Anastasios Gevelidis, 74, one of about 100 retirees waiting outside the main branch of the National Bank of Greece in the country's second-largest city of Thessaloniki.

"I don't have a card. I don't know what's going on. We don't even have enough money to buy bread," he said.

The capital controls come ahead of a big $1.8-billion US payment Greece has to make to the International Monetary Fund (IMF). It's unlikely to be able to pay that without financial assistance.

Greece's bailout program with its European creditors officially expires Tuesday, meaning the country will not have access to any of the money still available if it doesn't secure a deal.

For months, the left-wing-led Greek government, elected in January on a promise to bring an end to the hated austerity that it blames for an acute economic recession, has failed to agree on a package of spending cuts and reforms demanded by creditors in exchange for access to the remaining $8.1 billion US in rescue loans.

Credit and cash card payments have not been restricted; however, many retailers did not accept card transactions Monday. THE ASSOCIATED PRESS

IN BRIEF

CRTC fines Porter Airlines

Porter Airlines has been fined $150,000 for violating the CRTC's anti-spam legislation.

The CRTC says the Toronto-based airline has agreed to pay the fine for sending emails without an unsubscribe button or one that was clearly labelled.

The federal regulator says Porter was also unable to provide proof of consent from each email address that received its commercial emails.

The CRTC says the violations took place between July 2014 and April 2015. THE CANADIAN PRESS

market minute

DOLLAR 80.70¢ (-0.50¢)

TSX 14,490.15 (-317.94)

OIL $58.46 US (-$1.17)

GOLD $1,178.90 US (+$5.70)

NATURAL GAS: $2.805US (+3.2¢)
DOW JONES: 17,596.35 (-350.33)

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metro VIEWS
Your essential daily news
Tuesday, June 30, 2015

the big number

48%

IS THE PORTION OF CANADIANS who correctly answered that 1965 was the year the country adopted its current flag. Ancestry.ca gave 1,000 Canadians a multiple-choice quiz with questions like "Who was Canada's first Prime Minister?" (75 per cent guessed Sir John A. Macdonald), and "What was the official flag prior to the Red Maple Leaf?" (64 per cent knew it was, de facto, the Union Jack). Though all but three per cent could identify a picture of Terry Fox, a third couldn't name the year of Confederation (1867), and only about half knew the four original provinces (Nova Scotia, New Brunswick, Ontario and Quebec), lending credence to the oft-repeated complaint that Canadians are ignorant of their own history and symbols. SOURCE: ANCESTRY.CA

Turning a snow mound into a snow mountain

YOUR RIDE
Colin Fast

We begin this week's column with an important public service announcement: the city is not going to ticket you if you don't shovel your sidewalk this winter — even if that would save money and improve walkability.

To further clarify, no city committee has recommended a policy change, no report is being voted on by city council, no directive has come from council or administration, and no announcement has been made.

Yet somehow the media turned a snow mound into a snow mountain last week.

Yes, there is a reference to changing the sidewalk-clearing policy buried on page 236 of the city's new cycling and pedestrian strategy. It's just a suggestion, and nothing could change without a detailed analysis, public input and at least three separate council votes.

But reporters still asked Coun. Janice Lukes, chairwoman of the infrastructure, and public works committee, and Brad Sacher, director of public works, what they thought about the idea. Both said it was worth talking about, though nothing could change until 2016 at earliest.

A flurry of stories then generated an avalanche of overreaction from people who seem really troubled by the thought of moving a small strip of snow a few inches to the side.

Critics said it was a dumb idea that would never work. Some accused Lukes and Sacher of playing political games to measure public reaction. Others said it was a money grab. One columnist questioned why city hall would bother having this conversation at all.

Isn't this part of the job for elected officials and senior bureaucrats? Don't we want them to challenge the status quo and at least explore new ways of doing things? After all, it's not like the existing practice is working so well.

Sidewalks currently get cleared sometime between a few hours and never after a snowfall. The longer they sit uncleared, the more it impacts mobility in our neighbourhoods. Kids have trouble walking to school, adults have trouble walking to the bus stop and many seniors and people using wheelchairs can't go anywhere.

So the city has two choices. It can simply spend more money, or it can look at options that might get the job done cheaper and quicker.

In cities like Edmonton, Calgary, Saskatoon and Regina, residential sidewalks are cleared through a combination of homeowners and snow angel groups that help people with physical challenges. Don't clear the sidewalk, and you get a ticket. It's that simple.

If they can figure this out in Saskatchewan, then it's at least worth starting a conversation here, instead of killing an idea before anyone has gathered research or public input.

So for now, no one needs to worry about shovelling their own snow unless they actually want to be a decent human being. And those who are completely outraged at the concept can put down their shovels and pitchforks for a while, and just wait for the city to (eventually) do the job for them.

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

ROSEMARY WESTWOOD

metroview

An American's introduction to a Canadian classic

"I want to see a moose."

That became the running joke from the moment C. — my American boyfriend — arrived for a visit last month. It was his answer to anyone who asked what he wanted to do in Canada, punctuated with a mischievous glance at me.

It was funny, sure, but I also took it as a bit of a slight. I wondered if, at some level, he really did think seeing a moose (or jumping onto one, as one drunken idiot recently did) was an important Canadian experience. The wilderness equivalent of poutine (also on his list). "Oh, ya. For sure, eh?" became a regular refrain in our apartment, and I worried about what he really thought of Canada.

So, I tried to educate a man who'd, in his defence, had little reason to think of us. You know, dental isn't covered by health care, I informed him. We talked about the residential school history. With an election brewing, politics popped up.

But, talking to an American about politics is like talking to a Canadian about winters. Naturally, we turned to American politics, and I had the odd meta experience of being a Canadian watching an American watch a Canadian talk about Hillary Clinton (takeaway: Who the hell are we to judge her?).

Now that C.'s time in Canada is winding down, I asked what he made of Canadians. He paused.

"Everybody's into being fit," he offered. "Big into manners — but kind of stiff. (They) like to drink. Big into doing the right thing, it seems."

"Like Americans, if they sobered up and leveled out. The cousin you'd call to come pick you up if you were wasted."

Doesn't sound so bad to me. Being known for wildlife, winters, and niceness only seems irritating out of context. Compare that to being known for a possible run on the banks (the Greeks), a civil war (the Syrians), a national arrogance (the French, rightly or wrongly) or a repressive communist government (the Chinese).

Plus, it's not actually hard to see a moose. All it takes is a short drive to the Toronto Zoo, where, in what's called the Canadian Domain, there are lynx, grizzly bears — and in the furthest possible pen, two moose.

They were laying down as far away from C. and me as possible, and didn't even have antlers. Of the two of us, I was clearly the more disappointed.

I sighed. "So, do you understand Canadians better?"

"Oh, ya. That pretty much clears it up for me," he said in a deadpan tone. "Saw a moose."

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"When do you think your writer's block will kick in? Signed Ev R Hopeful"

The #AskELJames Twitter chat on Fifty Shades of Grey got some cheeky queries

Baking bread breaks barriers

DOCUMENTARY

Film shows how cultures bond over rising dough

Megan Haynes
For Metro

An NFB film titled Bread follows six women whose spirits rise alongside their homemade dough. ALL PHOTOS: CONTRIBUTED

Bread (or naan, or bannock) is one of those rare foods that's shared by most cultures, says Mariette Sluyter. That realization came as she was working with a non-profit organization in Calgary trying to reduce social isolation among seniors.

A truism of society has always been that cultural groups tend to stick together, and as seniors age, those groups dwindle, she says. To expose older folks to new people, she wanted a way to bring different cultures together.

"So we got a group of ladies together who were from diverse backgrounds ... and we asked them to bake some bread," she says

Sluyter and the National Film Board have turned that process into a new interactive documentary launching on Canada Day. Titled Bread, the doc follows the lives of six women as they make their favourite recipe, with DIY instructions for those who want to try their hand at making some homemade dough. It's a bid to break down generational and cultural barriers, says Sluyter, the creator and writer of the film.

"It's this active thing you do with your hands, and it takes time (to wait for the yeast to rise and to bake it)," says Sluyter. "The waiting time was the magic time when ladies would share stories."

Mariette Sluyter

Sluyter recalls one situation where two participants learned they lived near each other growing up. "Carrie (Sheen) — who is Cree — explained how at the time it was illegal to farm on the reserve," Sluyter says. "Vera (Kalmakoff, who lived nearby) had always believed the racist stereotypes that it was sheer laziness that they didn't farm. There was a breaking down of barriers — a moment when you could see Vera shift (her opinion) and you could see Carrie recoup some of the dignity that had been lost due to systemic racism."

In 2011, Sluyter approached Teri Snelgrove, associate producer with the NFB, with an idea to document that "magic time." Before long, microphones and cameras were out in full force.

Bread, Sluyter says, is a metaphor for humanity: The same ingredients go in (wheat, yeast and water), but something different tends to come out depending on where you were raised.

There are a number of other foods that many cultures share, says Sluyter. "But bread has a visceral response for us as human beings."

Bread elicits nostalgia, adds Snelgrove. "I remember that feeling of being a little kid — the smell, my nanny sawing off a huge slice and slathering it with margarine and black sap molasses," she says. "To this day, if I smell bread, I'm connected with my past in a really strong way."

While the smell of bread may bring back memories of grandmothers or mothers kneading bread, Sluyter hopes her new film will encourage a younger audience to make their own memories.

> **"To this day, if I smell bread, I'm connected with my past in a really strong way**
> Teri Snelgrove, associate producer with the NFB

"I must have been 11 years old when I started (baking) bread with my mother," says Anne Kerekes, now 89, who was featured in the film. "It's always better than the bread you buy — crisper crust, tastier, and it doesn't cost as much as buying it."

The Calgarian — by way of Hungary — taught her granddaughter Natalie Muyres, 42, how to raise a loaf as well. "I don't have a memory that doesn't including being in the kitchen with my grandmother," Muyres says. "It's part of my heritage."

But not all kids today have that same experience. "We took the ladies (featured in Bread) into some elementary school and in some classrooms, heartbreakingly, at least 50 per cent of the kids had never had homemade bread," she says. "We've become so reliant on the industrialized food systems, we can't even make something that's so central to (so many) cultures."

But, Sluyter says there's hope. While many of the ladies bemoaned that their own children or grandchildren didn't always have an interest in baking, the online space has opened up a new world of possibilities. "There are kids and younger generations that want to hear (how to make bread)," she says. "So what these women have done is step into this version of being a digital elder. (The) elderly have knowledge to impart, and we risk losing out own culture if we don't partake in that knowledge."

URBAN ETIQUETTE ELLEN VANSTONE

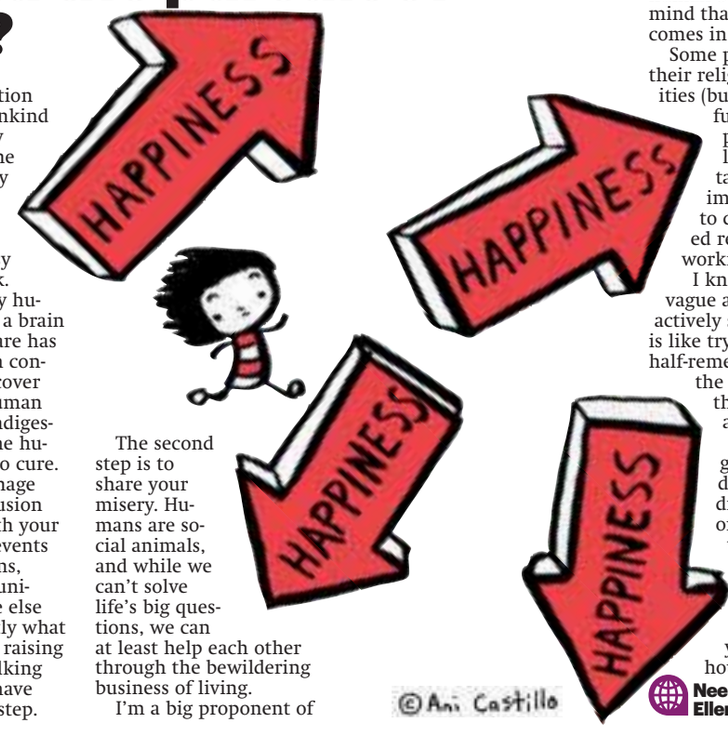
The question What is life beyond the pursuit of goals?

Dear Ellen,
I feel I need advice on everything. I'm only 23 years old but it seems like I'm running too slow towards my future and not being very successful. I had my future planned out but it all completely changed 6 months ago, I just want to have fun while living life but in my opinion everyone has the same goal. To have a nice paying job, a house, a car, a family. But what's really out there to do in life? Any advice?
— D.D.

Dear D.D.,

You're asking a question that has plagued mankind for millennia — I say MAN-kind because the discussion has mostly been dominated by male philosophers, possibly because the women were too busy doing the housework. But believe me, every human being with half a brain and a moment to spare has pondered the human condition — only to discover that, unlike other human conditions such as indigestion and dandruff, the human condition has no cure.

The trick is to manage the symptoms. Confusion about what to do with your life, uncontrollable events messing up your plans, feeling alone in the universe while everyone else seems to know exactly what they're doing — just raising the questions and talking about them, as you have done, is a good first step.



© Ani Castillo

The second step is to share your misery. Humans are social animals, and while we can't solve life's big questions, we can at least help each other through the bewildering business of living.

I'm a big proponent of psychotherapy, which is basically just learning to listen to your true self, and become a more self-aware human being. But keep in mind that "psychotherapy" comes in many forms.

Some people find it via their religious communities (but not the fanatical fundamentalist kind, please). Others learn and grow by talking and (just as important) listening to close friends, trusted relatives and solid workmates.

I know this sounds vague and frustrating, but actively seeking happiness is like trying to conjure up a half-remembered dream — the more you chase it, the faster it evaporates.

Direct your energies to what you can do: tidy up, do the dishes, keep putting one foot in front of the other, and trust that life is worth living, one day at a time.

If nothing else, you'll have a clean house.

Need advice? Email Ellen at scene@metronews.ca

IN BRIEF

Dogs being trained to hunt truffles

The growing appetite for truffles is feeding demand for dogs trained to sniff out the pungent fungus, prized by chefs and foodies.

As more landowners plant orchards in hopes of harvesting truffles, more dogs are being trained to detect the earthy delicacies, which take several years to ripen on tree roots underground.

"There is huge demand for truffle dogs right now," said Alana McGee, co-founder of the Truffle Dog Company, which helps orchard owners search for truffles and trains dogs how to find them. Lolo is an Italian breed commonly used to hunt truffles, but McGee said any dog can be trained.

In Europe, truffle hunters traditionally used pigs, but in recent years the job has gone to the dogs.

THE ASSOCIATED PRESS

FOOD

Seasonal recipes to keep you eating fresh year-round

Sarah Britton's food transformation started when she ate a tomato picked from a vine that was packed with more flavour than anything she'd ever tasted.

She chronicles that discovery and subsequent journey to a plant-based diet in her new book My New Roots (Appetite by Random House).

"Eating healthily doesn't have to be boring or associated with sacrifice," she said. "When you eat this way you don't have to count calories. You don't have to worry about fat grams."

Now 32, Britton says she was overweight when she was younger and often berated herself for her food choices.

"I spent so much energy feeling really bad about what I was eating. Now I feel so free from that because I can eat whatever I want whenever I want," said the Copenhagen-based author during a return visit to Canada to promote her book.

"Food is supposed to be a joy and a pleasure, and if we can free ourselves from the shackles of all this negativity that's around food, wouldn't that be nice?"

Growing up in Toronto, Britton ate processed, packaged and sugary foods — "my parents didn't love cooking." After graduating from design school in Montreal, an interest in the environment inspired her to attend a five-week workshop on organic farming in Arizona. The five weeks turned into a year.

"I've never experienced such a profound transformation in my life. I completely changed. My energy level skyrocketed, my skin cleared up, I slept better, I had tons more energy. I could just think clearer. I literally say I woke up for the first time in my life because I realized I'd been living in a mental fog for 23 years and I thought that was just what people felt like.

"When I finally started eating properly I could not believe the difference it made."

Back in Toronto, she studied at the Institute of Holistic Nutrition and became a Certified Nutritional Practitioner.

The farming stint taught her the importance of growing food organically. The course taught her what food did in the body.

When she moved to Copenhagen to be with her Danish husband — they met on a street corner in New York when he asked her for directions — she discovered she couldn't legally practise holistic nutrition.

So she started her My New Roots blog in October 2007 to share her thoughts about plant-based eating along with the results of her culinary experiments. Her debut book, which ranges from simple recipes to long-term food projects, stemmed from that.

THE CANADIAN PRESS

Grilled zucchini and green onions with baby spinach and hazelnuts — one of recipes in My New Roots. LAURA SNIDERMAN/ THE CANADIAN PRESS

HEALTH & WELLNESS

Embark on a new journey

SHUTTERSTOCK

Yoga represents a journey — physical, emotional, spiritual, or mental. And for those interested in taking up yoga, understanding where you want to go and why you are considering yoga is a key first step.

"I would recommend that people figure out what exactly they're looking for," says Michelle Wilson, head administrator for the Canadian Yoga Alliance. "Are they considering yoga for relaxation? Are they looking for therapy? To become more fit? For weight management?

"Once they know that, then they can start searching for teachers in their area."

No matter what your age or physical condition, there is likely a type of yoga for you. However, that information should be made known to potential teachers to ensure they can guide you in the proper manner, Wilson says.

"If someone has high blood pressure or low blood pressure, I'd recommend they go see a doctor before they start. You want to make sure that the teacher is well versed in your condition, but there's yoga for all body types and all conditions.

"We even have cancer exercise specialists."

There aren't many barriers to beginning yoga. Equipment-wise, all you need is a yoga mat. And while many studios will provide you with one, Wilson says she strongly recommends getting your own.

"You have your face down on a mat that other people have been walking on. Even though they clean them, I'd recommend getting your own — it's your energy and it's your hygiene."

And you don't need to go out and buy the latest, high-end clothing to participate. Just find something that's comfortable, but lets your teacher monitor your progress.

"You just need to wear comfortable clothing, but something that's not too loose. Your teacher needs to be able to see how your body is moving," Wilson says, adding that the opposite is no better.

"We don't want it to be too tight or revealing either. That's just distracting."

Referrals tend to be a huge part of any yoga studio's success, so listening to friends and colleagues can help you find the right one. But Wilson reinforced that knowing yourself and what you're looking for is the key to success.

"There are so many options out there that it can feel overwhelming. If you research the reasons why you're interested and what's available in your area, it can help you find what you need."

– *Jason Menard*

CONTRIBUTED

Congrats, Wellington grads

Wellington College is congratulating its 2015 graduates who are celebrating their hard work as they begin their massage therapy careers.

There are 47 full-time and distance education students who graduated in June from Wellington College's massage therapy program, according to admissions co-ordinator Tricia Neil, who says many of the graduates will find a job this summer.

"We want to congratulate our graduates and wish them continued success on their chosen career path," she says, adding that students have a high success rate in finding work right away.

"In fact, 95 per cent of grads find employment within three months. Most are employed immediately as a result of the valuable three-week practicum program that occurs during the last month of school."

Full-time students study for two years while distance education students study for three.

"Opportunities for employment after graduating include private practice, multi-disciplinary clinics, spas, sports teams, and resorts, just to name a few," she adds.

Wellington College takes a scientific approach to massage based upon more than 75 years of history in osteopathic medicine, which requires a thorough understanding of the functions of the body and its anatomy.

Wellington College is still accepting applications for the massage therapy program until Aug. 1, 2015. The full-time program starts on Aug. 17, 2015. For more information visit the website: wellingtoncollege.com. The college is also hosting an information session including a tour and question period on July 19, 2015.

Revving up your body's metabolism

The U Weight Loss Clinic program was developed by Canadian medical and naturopathic doctors. It's not a diet, exactly, but rather a program that focuses on the simple science behind safe and effective weight loss.

More importantly, clients learn how to keep their weight off permanently.

"It is certainly not the antiquated formula of 'eat less and exercise more,' but rather a unique approach that focuses on revving up the body's metabolism and balancing the body's own hormones," says Moira Quigg-Lee, U Weight Loss Clinic representative.

"Clients are always so shocked that every piece of food we eat stimulates either our body's fat-burning hormones or fat-storing hormones."

For example, when there is an excess amount of the hormone insulin, the body will naturally store fat. Quigg-Lee says that all carbohydrates are recognized at the cellular level as sugar, and it is excess sugar in the system that spikes insulin levels, and, thus, weight gain.

The clinics provide thousands of delicious and simple-to-prepare recipe options that ensure hormones remain balanced. Clients can eat in restaurants, even fast food venues, or make their own recipes based on the program's simple principles.

Perhaps the biggest surprise is how much food one actually eats on this program.

"In order to stimulate our metabolism, we have to eat three generous meals plus two snacks daily," Quigg-Lee says.

All programs are individualized, and one-on-one support by certified UWL health coaches has also contributed to the success of the clinics in Canada. Clients rave about the program simply because it works.

"Our national average for weight loss is just under seven pounds in their first week and an average of two to three pounds per week thereafter," Quigg-Lee says.

For more information, call U Weight Loss Clinics at 204-487-4274 or 204-253-7148.

TESTIMONIAL

"I tried and failed for years to lose the weight, but U Weight Loss Clinic™ showed me a simple formula that worked, and worked immediately," says Sarah Cornett.

"As an engineer, I like logic and numbers and the science behind the program appealed to me.

"I lost seven pounds my very first week and never looked back."

PHOTOS COURTESY SARAH CORNETT

U weight loss clinics™

"I Feel Totally Amazing And Don't Miss Those 90 Lbs. One Little Bit!"

Says The Elated Brittany, Client At Local U Weight Loss Clinics™ Who Dropped 90 Lbs And 72 Inches In 32 weeks... From Size 18 To Size 6!

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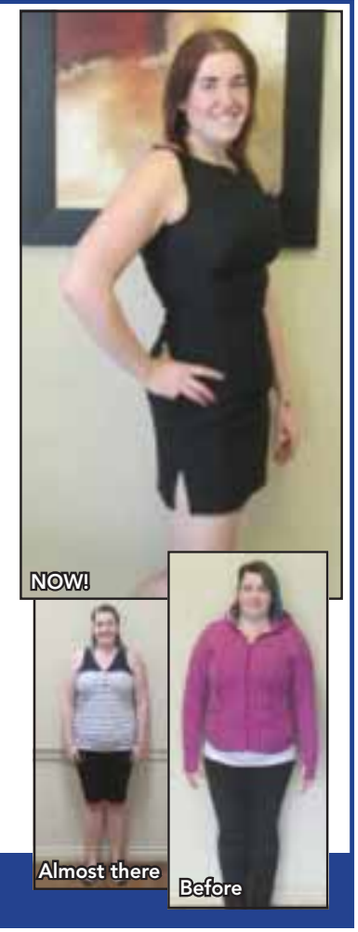
- I was SHOCKED by how MUCH FOOD I was able to eat and yet I DROPPED 8 LBS my FIRST WEEK. That was so inspiring for me...and in 32 WEEKS, ALL 90 lbs WE'RE GONE!
- I enjoyed ALL my favourite foods from bbq STEAK and CHICKEN STIR FRY'S to my most favourite MUFFINS. No pre-packaged food here. Simple recipes I put together or selected from the Thousands of quick easy recipes in the clinic. NOT ONCE, DID I EVEN FEEL LIKE I WAS ON A DIET.
- The Canadian Dr's who put this program together REALLY KNEW what they were doing. I NOW understand that everything I eat either stimulates a fun burning hormone in my body or a fat storing one...Frankly, I didn't even know my body HAD fat burning and storing hormones, never mind that how I ate affected them!!
- This Program was all about the SIMPLE SCIENTIFIC KNOWLEDGE behind weight loss and THATS what I was lacking, not discipline. (I used to eat so little food hoping to lose more weight...BOY WAS I WRONG!)
- With the fabulous support and knowledge from the U weight loss clinics™ here in GP, I am so much HAPPIER and healthier than I ever possibly imagined. Most IMPORTANTLY, it's just a lifestyle now so I won't ever gain those 90 lbs back. I HOPE my story can be AN INSPIRATION to anyone who has struggled as much with their weight as I did. DON'T GIVE UP! U weight loss will totally CHANGE YOUR LIFE!



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metro SPORTS

Dwyane Wade will become a free agent after 12 seasons with the Miami Heat

Tuesday, June 30, 2015

IN BRIEF

Pronger elected to HHOF's class of 2015

Nicklas Lidstrom, Chris Pronger, Sergei Fedorov, Phil Housley, Angela Ruggiero, Bill Hay and Peter Karmanos Jr. were named as the Hockey Hall of Fame's class of 2015.

Pronger was elected in unprecedented fashion because he's still under contract in the NHL.

Pronger, who was traded from the Philadelphia Flyers to Arizona Coyotes on Saturday, has not played since November 2011 because of post-concussion syndrome and is working for the league.

The fearsome defenceman was made eligible by a bylaw that specifies a player's final game must be three full seasons ago. THE CANADIAN PRESS

Sam returns to Als, says personal issues behind him

Michael Sam says the personal issues he had are behind him and he is ready to earn his place on the Montreal Alouettes.

Sam, the most prominent active football player to declare publicly that he is gay, had his first on-field practice with the Canadian Football League club Monday since his surprise departure two weeks into training camp.

He said at the time he had personal things to deal with. His suspension by the team was a technicality and the door was left open for him to return when he felt ready. THE CANADIAN PRESS

Just call him Mr. Plan B

Roughriders quarterback Kevin Glenn throws a pass against the Blue Bombers in Regina on Saturday. RICK ELVIN/THE CANADIAN PRESS

CFL

Riders' Glenn again promoted to take place of hurt incumbent

Once again, Kevin Glenn has emerged as a valuable insurance policy.

The veteran backup becomes the Saskatchewan Roughriders' starter after incumbent Darian Durant suffered a season-ending torn Achilles tendon in a 30-26 home loss to the Winnipeg Blue Bombers on Saturday night. It's the fourth straight year Glenn, 35, assumes the No. 1 job from an injured starter after twice replacing Drew Tate in Calgary (2012-13) before making 17 starts last season with the B.C. Lions as Travis Lulay battled shoulder issues.

Durant's injury capped a nightmarish opening week for CFL quarterbacks. The Montreal Alouettes lost starter Jonathan Crompton and backup Dan LeFevour to separate shoulder injuries in their 20-16 home loss to the Ottawa Redblacks while Edmonton No. 1 Mike Reilly is out indefinitely with a knee ailment suffered in a 26-11 defeat Saturday at the hands of the Toronto Argonauts.

LeFevour will require season-ending surgery for the second straight year. His 2014 campaign with the Hamilton Tiger-Cats was also cut short by a knee injury.

Durant's 2014 season also ended prematurely against Winnipeg. He suffered a season-ending elbow injury in a 30-24 win last July and the Riders went 2-7 the rest of the way with Kerry Joseph, Seth Doege and Tino Sunseri taking snaps.

Joseph retired in the off-season and both Doege and Sunseri were released, although Sunseri could return with Durant's injury. Head coach Corey Chamblin feels the presence of Glenn, in his 15th CFL season, puts Saskatchewan in a much better position to weather the storm created by Durant's absence.

> **"It's not career-ending.... it's been proven in pro sports guys can overcome that.**
> Riders GM Brendan Taman on Darian Durant's torn Achilles tendon

"It's not a situation we haven't seen before," Chamblin told reporters Monday. "We didn't want it to happen but it has happened ... and we have to move to the next play with the next person.

"The guys rallied around (Glenn), talked to him when he came here about, 'You're here for either performance or presence.' We thought it'd be presence but right now it's for performance. This is the third team I've been on that he's been the starting quarterback, that's unique in its own sense. We've had success, Kevin has had success everywhere he's been so I fully expect him to continue doing the same thing here." THE CANADIAN PRESS

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This delicious yet light cake is a perfect pick for your Canada Day celebrations!

Ready in
Prep time: 15 minutes
Cook time: 25 minutes
Serves: 12

Ingredients
- 1/3 cup milk or semi-sweet chocolate chips
- 1/4 cup hot water
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1/3 cup vegetable oil
- 2 eggs
- 2 tsp vanilla extract
- 1/2 cup cocoa powder
- 3/4 cup low-fat sour cream
- 1/4 cup light mayonnaise
- 1 cup all-purpose flour
- 1 1/2 tsp baking powder
- 1/2 tsp baking soda

ICING:
- 1/2 cup smooth ricotta cheese
- 1/2 cup light cream cheese
- 3/4 cup icing sugar
- 3 Tbsp cocoa powder
- 1 1/2 Tbsp water

GARNISH:
- Whole strawberries
- Icing sugar
- Melted white chocolate (optional)

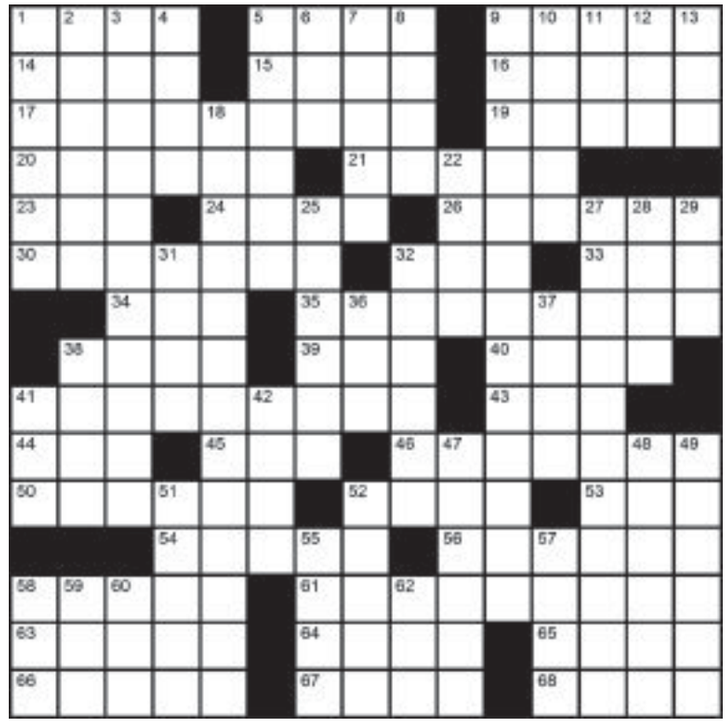
Directions
1. Preheat the oven to 350°F. Lightly coat a Bundt pan with cooking spray.
2. Combine the chocolate chips and hot water in a small bowl. Microwave on High for 30 seconds. Mix until smooth.
3. In a large mixing bowl, combine both sugars, oil, eggs and vanilla with a whisk until smooth. Add the cocoa powder, sour cream, mayonnaise and melted chocolate. Mix until combined. Mix in flour, baking powder and baking soda.
4. To make the icing, purée all the icing ingredients in a food processor until smooth. Ice the top of the cake. Garnish with berries and icing sugar and melted white chocolate, if using.

Nutrition per serving
- Calories 289
- Carbohydrates 36 g
- Fat 12 g
- Cholesterol 33 mg

PHOTO: ROSE REISMAN

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cheers!
5. Brendan _ (New Westminster, B.C. born actor)
9. Musical finales
14. By any chance
15. Light bulb meaning
16. Come up
17. Posh area of Montreal
19. SNL part
20. Fix
21. Author Charles' bookish surname
23. Chemical suffix
24. Nero's 53
26. Folk duo, Ian & _
30. Share
32. Mobile buy
33. In use buttons
34. Cereal grass
35. Multi-talented
38. Odd, to a Scot
39. Auction ware
40. Like mesh-like material
41. Ontario village south of North Bay
43. Brother of Shemp
44. "That's _ - _ Quit - I'm Movin' On" by Sam Cooke
45. "_-haw!"
46. Causes
50. Melon variety
52. Peer _, Henrik Ibsen play
53. Services cost
54. Certain coffee
56. Overwhelm with loud noise
58. "Sunset Blvd." (1950) actress Nancy
61. Tenders ...tinier
63. Hammer
64. One of Columbus' ships
65. Coastal flier, variantly
66. Tree bits
67. Singe
68. Net balls in tennis

DOWN
1. Do a better job at prepping the gif
2. Brand for which Jennifer Aniston does TV commercials
3. Flightless marine bird of prehistoric Canadian waters
4. Mlle. cousin
5. Maurice _ ("Cityline" hairstyles expert)
6. College's web address ending, e.g.
7. Quebec tenor Mr. Prieur (b.1893 - d.1970)
8. Grade
9. Halifax stand-up comedian who hosts her own show on APTN: 2 wds.
10. Bay window
11. Think something is groovy
12. Wynonna's actress sis
13. Established
18. Halifax: June 30th - July 7th, 2015... Royal Nova Scotia International Tattoo participants: 2 wds.
22. Ancient Egypt symbols
25. Occupy
27. National Gallery of Canada painting distinguished by its three bold stripes: 3 wds.
28. Internal
29. Character in #52-Across
31. Late: French
32. 'Highway' in a human
36. Unit of energy
37. New Mexico art colony
38. Work _ _ plan (Brainstorm)
41. As written
42. "If _ _ now, I'll be too full for supper."
47. Belovedly win over
48. "You _ bother."
49. Has a gut instinct
51. Tag _
52. "Aladdin" (1992) character
55. Large casks for wine
57. Canadian tech expert, Kris _
58. Check a box
59. Volume setting
60. Fashion designer Anna
62. Type of test on "Maury"

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
There is something you started but failed to finish. You may think you can just forget about it but it won't be that easy — everything in life must ultimately be paid for.

Taurus April 21 - May 21
Although you are generally quite placid there are times when you vent to your feelings. Those negative emotions that have been building up must be dealt with.

Gemini May 22 - June 21
You will be quite vocal in your condemnation of someone's actions, but before you go accusing them of immoral behaviour remember there are a few skeletons in your own closet you might like to keep hidden!

Cancer June 22 - July 23
With Mars in your sign you have the courage to deal with whatever crisis might arise. Don't fear a rival because they have a reputation. You can be a pretty tough nut yourself.

Leo July 24 - Aug. 23
The change that is about to take place in your life may result in a lot of uncertainty but the planets indicate that when the dust has settled you will realize that, in the long-term, this is a change which will do you nothing but good.

Virgo Aug. 24 - Sept. 23
It is important that you approach people in the right way today. If you come on too strong you may turn colleagues against you.

Libra Sept. 24 - Oct. 23
You may feel that you can take on the world and win and to a degree that's true but there are some people it would be wise to avoid. Someone in a position of authority is looking for an excuse to cut you down.

Scorpio Oct. 24 - Nov. 22
You would be wise to take care when traveling or engaging in potentially dangerous activities over the next few days. Discussing politics and religion is best avoided too!

Sagittarius Nov. 23 - Dec. 21
If you have to say something unpleasant today don't try to sugar coat it. Speak up and let everyone know why you are unhappy — and what they can do to make it better.

Capricorn Dec. 22 - Jan. 20
You won't stand for any kind of nonsense today, either in your personal life or at work. You certainly won't let others, be they friends or rivals, piggyback on your success.

Aquarius Jan. 21 - Feb. 19
Someone will rub you the wrong way and you could lose your temper in a big way. Be careful you don't take your anger out on someone who may one day be in a position of power.

Pisces
Feb. 20 - March 20
Some problems can be resolved by hammering them into submission, but the problem you face now requires a more subtle approach. Use brains, not brawn.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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